

PSYC 420
Research into spontaneous thought
Professor Jonathan Smallwood
Fall Semester
Number of credits 3
On Campus
Pre-requisites:

Location: Tuesday 1.00-2.30 & Thursday 11.30-1.00 (Both Rm 223 Humphrey Hall)

Instructor Information

Name: Jonathan Smallwood

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About me: I am a scientist interested in understanding the organization of human cognition. In my research I use the methods of cognitive neuroscience and psychology to ask questions about how the mind generates different patterns of thought. In my spare time I make and record music which you can listen to on [Spotify](#).

Anishinaabe and Haudenosaunee territory. We are grateful to be able to live, learn and teach on this land.

To take full advantage of this class, it is important that you plan your work load. Key dates (first day of class, tuition due date, last day to add/drop courses) are important to this goal as these help you plan your studies properly. Please find the **Important Dates**

Thursday. Christoff, K., Irving, Z.C., Fox, K.C.R., Spreng, R.N., Andrews, J.R. (2016).
Mind-

Thursday. Vatansever, D., Karapanagiotidis, T., Margulies, D. S., Jefferies, E., & Smallwood, J. (2020). Distinct patterns of thought mediate the link between brain functional connectomes and well-being. *Network Neuroscience*, 21, doi: [10.1162/netn_a_00137](https://doi.org/10.1162/netn_a_00137)

Discussion Question Consider some of the different features of ongoing thought that have links to health and well being?

Week 11 Mindfulness

Tuesday. Mrazek, M., Franklin, M.S., Philips, D.T., Baird, Schooler, J.W. (2013). Mindfulness training improves working memory capacity and GRE Performance while reducing mindwandering. *Psychological Science*, 24, 5. doi.org/10.1177/0956797612459659

Grades

The grades for this class will be based on a combination of class participation, low stakes weekly exercises, class presentations and a single piece of written course work.

a. Class Participation (20 X 1 = 20%)

Seminar classes are designed for discussions so there is a substantial participation component to your grade.

Feel free to bring a coffee or tea. We expect students to attend all of the classes if possible as this will ensure a more comprehensive understanding of the material. We will ensure

Overall Grade C

For more information on the Acad

Students are responsible for familiarizing themselves with the regulations concerning academic integrity and for ensuring that their assignments and their behaviour conform to